



THE BOOK OF PHILIPPIANS CORPORATE LITURGIES PROJECT

How does a community of faith stay anchored together to the reality of God's transforming love during a time of global pandemic? This question has been nagging at me since COVID-19 threw a hand grenade in our proverbial living room back in March. Thankfully, we are not the first generation to be asking this question. Over the last 2,000 years, the church has learned to flourish despite wars, plagues, famines, and persecution.

One of the secrets to the church's success during the darkest of times has been the development of corporate rhythms that help people practice the presence of God through prayerful meditation on Scripture. In fact, two reform movements that completely reshaped Western civilization started at least partially as a result of communities organized around a simple daily habit of silence, Scripture, self-examination, and prayer (The Rule of St. Benedict in the 6th century and Thomas Cranmer's Book of Common Prayer in the 16th century).

During this season when so much of our embodied corporate life together has been scattered and shuttered, we want to invite our community to stay spiritually and emotionally unified through regular rhythms and commitments that enable us to grow, learn, and change together. We are calling these formative practices "Corporate Liturgies."

This fall we will be teaching through the book of Philippians and exploring God's vision for becoming a joyful, united, wholehearted community of faith. In conjunction with this series, we have created this weekly guide to help us slow down to be with Jesus and allow the Holy Spirit to apply the truths of this letter to our lives. Our hope is that engaging the presence of God together will create a shared vision, language, and desires that unite our hearts & souls despite our physical distance.

Our suggestion is that you set aside a regular time either personally or as a group (MC, discipleship, families, roommates) to work through this guide. Consider starting with 10-15 minutes in the morning, at lunch, or in the evening before bed (or multiple times if possible). Don't get discouraged if you get distracted or miss a few days - that's completely normal! Remember the goal isn't to get it perfect, but to open ourselves to God's loving presence and invite him to transform us.

Peace,
Pastor Brandon

HOW DO I USE THIS GUIDE?

Our daily liturgy is centered around four movements of practicing God's presence: Silence, Scripture, Self-Examination, and Supplication.¹

Silence

- Purpose: Silent prayer is described as simply "being with God." This practice moves our hearts from a posture of transaction to a posture of relationship.
- Example: Before beginning, take a deep breath. Center your thoughts by praying a short phrase like, "Here I am," "Come Holy Spirit," or simply "Jesus."

Scripture

- Purpose: Prayerfully reading Scripture is an important discipline for believers. This act renews our minds, and immerses us in God's life and action. Each week we will read slowly and meditatively through one passage of Scripture.
- Example: Move slowly. Ask the Lord to reveal what He has for you. As you read, write down or highlight parts that stand out to you. What does this text teach you about God, others, and yourself? How do you need to respond?

Self-Examination

- Purpose: During Self-Examination, we are inviting God to reveal to us our true state (Psalm 139). Without the Holy Spirit, we are unable to clearly see where we may need conviction, wisdom, and healing. This movement requires us to look within, and respond with open hands.
- Example: Observe how God is present to you in Scripture. What stood out to you? What impacted you? Examine what you are thinking, feeling, desiring, or avoiding in response to the passage.

Supplication

- Purpose: Supplication invites us to acknowledge our limitations, and God's ability to provide. This movement increases our dependence on God. We have provided for you specific prayers of supplication to guide your time.

¹ This prayer structure is outlined by Pastor Rich Villodas in his prayer guide "Midday Prayers for Every Day." Available at www.richvillodas.com.

Week 8: Philippians 4

November 2-8

1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. 2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me.

14 Yet it was kind of you to share my trouble. 15 And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. 16 Even in Thessalonica you sent me help for my needs once and again. 17 Not that I seek the gift, but I seek the fruit that increases to your credit. 18 I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. 19 And my God will supply every need of yours according to his riches in glory in Christ Jesus. 20 To our God and Father be glory forever and ever. Amen.

21 Greet every saint in Christ Jesus. The brothers who are with me greet you. 22 All the saints greet you, especially those of Caesar's household. 23 The grace of the Lord Jesus Christ be with your spirit.

Monday, November 2

- Silence
- Scripture Meditation
 - Why is it important to Paul that Euodia and Syntyche “agree in the Lord?” What does reveal about the importance of unity among believers?

- Self-Examination
 - Observe how God is present to you in Scripture today. Examine what you are thinking, feeling, desiring, or avoiding in response to this passage.
- Supplication
 - Ask God to reveal to you any brothers or sisters in Christ that you are in disunion with. Entreat Him for the grace, forgiveness, and perseverance to seek healing in the relationship.

Tuesday, November 3

- Silence
- Scripture Meditation
 - Meditate on what it looks like to live a life marked by rejoicing, reasonableness (gentleness), and the rejection of anxiety. Why does Paul call us to live in this way?
- Self-Examination
 - Observe how God is present to you in Scripture today. Examine what you are thinking, feeling, desiring, or avoiding in response to this passage.
- Supplication
 - Which of the three qualities listed above do you struggle with the most? Ask God to bring one to mind, and then bring it to Him. Acknowledge that you cannot change or grow apart from His powerful work in your life.

Wednesday, November 4

- Silence
- Scripture Meditation
 - Reflect on how prayer begets peace. What about prayer can turn our greatest anxieties into a “peace that surpasses all understanding?”
- Self-Examination
 - Observe how God is present to you in Scripture today. Examine what you are thinking, feeling, desiring, or avoiding in response to this passage.
- Supplication
 - Invite the Holy Spirit to search your heart for anxieties or fears that you need to surrender. Name them, and then lay them before Jesus. Confess your need for Him to be your peace, and to guard your heart and mind.

Thursday, November 5

- Silence
- Scripture Meditation
 - Paul stresses the importance of “guarding our minds” and bridling our thoughts to think in a certain way. Why does this practice important for believers?
- Self-Examination
 - Observe how God is present to you in Scripture today. Examine what you are thinking, feeling, desiring, or avoiding in response to this passage.

- Supplication
 - Read through the list of things Paul encourages us to think about. Ask the Holy Spirit to highlight for you where you are most struggling. Bring that thought pattern to the Lord, and ask for Him to redeem it.

Friday, November 6

- Silence
- Scripture Meditation
 - Paul states in 4:19 that “God will supply every need of yours according to his riches in glory in Christ Jesus.” Meditate on how God has met your needs throughout your lifetime. Praise Him for His past and promise of future faithfulness to you.
- Self-Examination
 - Observe how God is present to you in Scripture today. Examine what you are thinking, feeling, desiring, or avoiding in response to this passage.
- Supplication
 - Use the Lord’s Prayer to guide your supplication today: “Our Father in Heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil, for yours is the kingdom, the power, and the glory forever. Amen.”